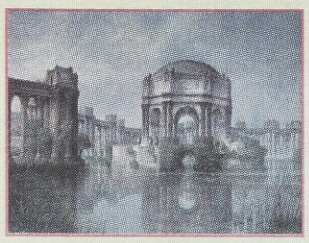

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New Crocker Exhibit Makes Its Debut

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Sharon Fredrickson: Too Many Buts

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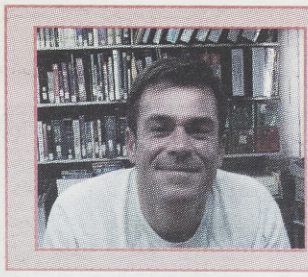

SPOTLIGHT:

Fitness Happens' Michael Cook

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Mom Guess What Newspaper

Mom Guess What Newspaper • Sacramento's Source for GLBT News Since 1978 • November 15, 2007 • Free

Author of Historical Sacramento Picture Book To Make Local Appearance

From its founding in 1839 by John Sutter as a trading colony and stockade, Sacramento has been an integral part of the fabric of United States' history. The history of the city reflects both a diverse and progressive spirit, and a unique culture that is the foundation of the city's present-day prosperity.

With fact-filled photo captions and chapter introductions by author James Scott, Historic Photos of Sacramento rediscovers the fascinating past of the "City of Trees" through nearly 200 rare photographs culled from the Sacramento Archives and Museum Collection Center; showcased with exceptional clarity and beauty.

In scenes of events from parades to politics, celebrations to sporting events, Sutter's Fort to the State Capitol, and much more, "Sactown" shines through the decades in glorious black-and-white photography, displayed in a large format.

"I hope folks are able to view the book as a baseline of sorts; this is where we've been, and despite flood, fire, and famine, we, as a city and community, have been irrepressible," says Scott. "Today's Sacramento possesses such a great cross-section of America. The capital's story is indicative of what greatness springs from diversity."

Historic Photos of Sacramento is part of Turner Publishing's Historic Photos series. These books, highlighting the history of the great cities across America, have been acclaimed as a staple in the collection of anyone who loves history.

The Authors:

James Scott is a native of Portland, Oregon, and graduate of Marquette University. He lives with his wife, son, and Labrador Retriever in Sacramento where he works as a librarian in the Sacramento Room Archives of the Sacramento Public Library. James is currently writing a book on saloon culture in antebellum Sacramento.

Tom Tolley is a technician in the Sacramento Room of the Sacramento Public Library. He has been a Sacramento resident since 1964.

Scott and Tolley will be signing copies of their release Historic Photos of Sacramento on Dec. 5 from 7-9pm at Barnes and Noble, 3561 N. Freeway Blvd, Sacramento.

MOM GUESS WHAT NEWSPAPER
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EDITOR

Mom Guess What! It's Our Anniversary!

By Matthew Burlingame, Editorial Director

Today is the 29th Anniversary of the very first ever issue of Mom Guess What Newspaper making its way to the streets of Lavender Heights.

It was November 1978. MGW Exec. Publisher Jeffry Davis was just one year old. I had just turned eight years old and while I knew I was different, I had no idea just what kind of different I was.

At eight I was living just a few miles from Sactown on a ranch on the outskirts of Roseville just a ways from Granite Bay.

Days were spent tortured by rambunctious classmates who instinctively saw the difference in me that even I could not see and evening were spent riding horses, exploring untamed woods and dreaming of growing up to be a cowboy.

Life seemed so much simpler then. I had not even an inkling that being printed on an old ink press in the middle of a garage 20 miles away was the very thing that would not only introduce me to my community and my activism, but years later become the focus of so many joys and at times, as many woes.

In fact it would be 18 years before I would even hear the name "Mom Guess What" when a gay friend of my mother would take me for coffee at the Open Book and hand me a copy—making sure to point out the classified ad in the back requesting book reviewers.

By then I no longer wanted to be a cowboy—I just wanted to marry one. I had set my sited on writing and here was an opportunity for me to get my foot in the door of an actual publication.

It took me several weeks before I finally got up enough nerve to call. Having a very sheltered life in my 20s, I was used to being the only gay in the village. Now I was facing taking a step not only into the big scary world of writing, but also into the big scary world of gay people who had had a lot more experience being...gay...than I had.

I had tough questions to face. What if I wasn't a good writer? What if I wasn't a good gay?

I finally managed to pick up the phone and arrange an interview. And I was scared. Scared of rejection on all fronts.

It's almost amusing to think of those first hesitant moments now. Wide-eyed and innocent I walked into MGW and a year later walked out to face many challenges and write for many publications.

Eleven years later, here I sit, pressing my luck on the print deadline and bantering back and forth with a new Exec. Publisher and a whole new staff of wonderful writers, photographers and volunteers.

Through the years am glad to say that some things haven't changed. Like Sonya Cox still writing her award-winning HIV Newsline for MGW. Sonya has been one of the most wonderful writers to work with and one of the most supportive people I have met.

Sadly, other things have, like Film Reviewer Stefan Gruenwedel's retirement this year. I miss his writing and his emails.

Still, MGW continues on under different leadership, watching us all come and go at some point in our lives. Watching our community change and grow and remaining the voice of our community. Hopefully for another 29 years.

Happy Anniversary.

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SEQ CHAPTER \h \r 1: A Shameful Victory

By Boyce Hinman, The Lambda Letters

As you may have heard elsewhere, the US House of Representatives recently passed the Employment Non-Discrimination Act (ENDA). This bill would ban sexual orientation based discrimination in employment nation wide. As such, it would protect lesbians, gays and bisexuals from employment discrimination. But it would not protect transgender people from discrimination based on their gender identity.

The passage of this bill seems like something to celebrate. But in fact it is a shameful defeat for real justice in this country. The supporters of ENDA have been trying to get this bill passed since it was first introduced in the mid 1970s. For the past decade or so its chief sponsor has been the Human Rights Campaign and the principle author of the bill has been Representative Barney Frank, Democrat of Massachusetts.

For years Frank and the HRC have refused to include protections for transgender people in the bill. They said doing so would reduce its chance of passage. And yet it failed passage for more than 30 years even without protections for transgender people.

Under immense pressure from the community HRC and Frank agreed to add protections for transgender people to the bill this year. But after less than 6 months they amended the bill to remove transgenders. They patiently waited 30 years for a bill to prohibit sexual orientation discrimination to pass but they were unwilling to wait more than 6 months for passage of protections for transgender people.

When the news broke that the bill was being amended to remove transgender people from the bill, there was a nation wide outcry of protest from the LGBTI community. According to the National Gay and Lesbian Task Force, over 360 national state and local LGBTI organizations sent letters opposing any bill that did not prohibit sexual orientation based AND gender identity based discrimination. Those organizations included, the Lambda Letters Project, Equality California, the National Gay and Lesbian Task Force, the National Center for Lesbian Rights And Lambda Legal among many others.

The removal of transgender people from the bill was a cynical political ploy by those who backed the stripped down bill. And it accomplishes nothing. It is highly unlikely that the bill will be approved by the Senate. And if it is sent to the President, he will certainly veto it.

The reason the bill banning sexual orientation based discrimination has not passed in 30 years is that gay people are still controversial. And yet the repeated introduction of the bill each year has not been wasted. Originally the bill had just one or two sponsors. In recent years it has had as many as 180 cosponsors. That progress was made because the existence of the bill provided an opportunity to talk with legislators and educate them about sexual orientation discrimination. The very fact that those discussions occurred desensitized the issue for many legislators and convinced them to support the bill. Eventually that education process will lead to passage of the bill and its signature by a President.

For the same reason it is important that ENDA contain protections for transgender people. Having those protections in the bill creates the opportunity for education that will eventually lead to laws prohibiting discrimination against transgender people. Will that delay passage of protections for gays and lesbians? Probably a little bit. But it will be a long time before sexual orientation based discrimination is banned. By comparison the little bit of extra time it will take to pass an all inclusive bill is tiny. It is worth the wait so as not to cast our friends to the devil in a vain attempt to save our own souls.

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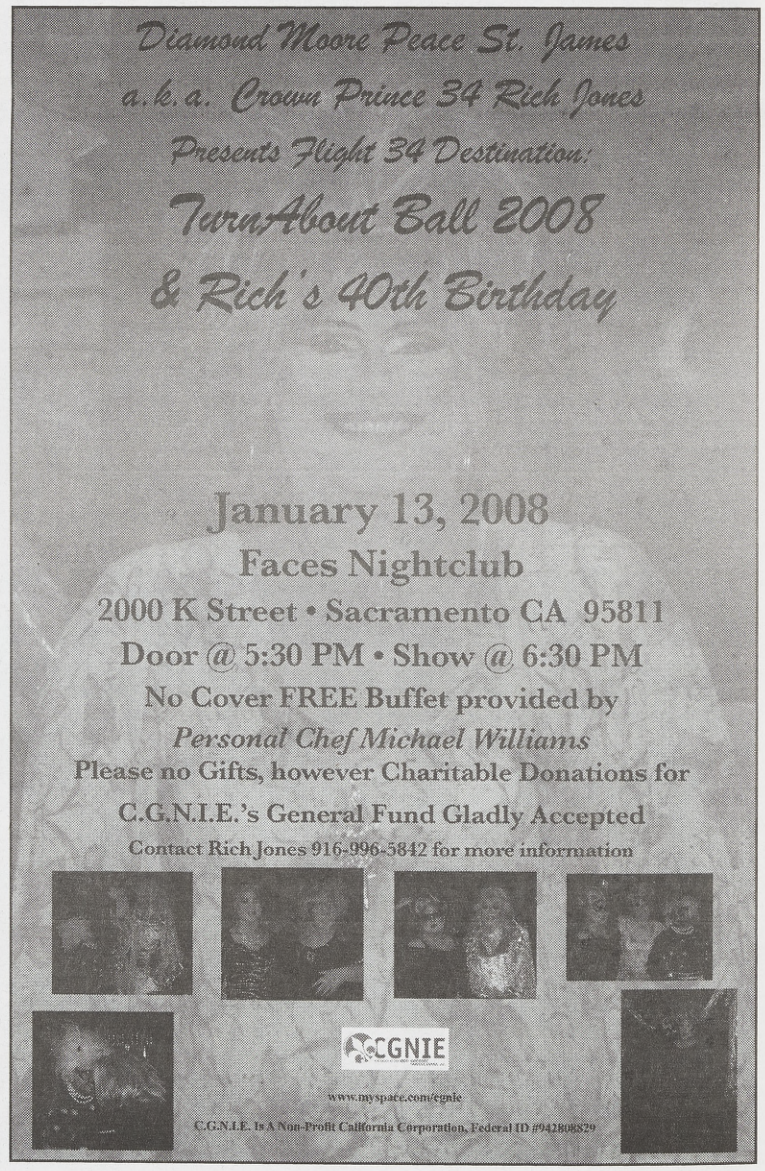
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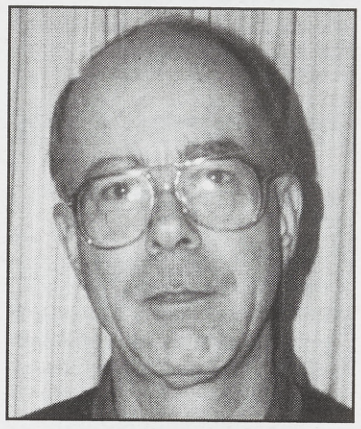
BOYCE HINMAN

SEQ CHAPTER \h \r 1 Lambda Letters Issues Legislative Score Card



By Boyce Hinman
The Lambda Letters Project

The Lambda Letters Project has completed its annual score card for the California State Legislature. The following is a summary of the findings of the score card.

The Lambda Letters Project scores legislators for their votes in five issue areas. Those are:

HIV/AIDS Issues
Economic Justice Issues
LGBTI Rights Issues
People of Color Issues
Women's Issues

The score card gives legislators a score for their votes in each issue area and an overall score for their votes in all issue areas.

As usual, the Democrats performed better than Republicans. The overall score for Democratic Assembly Members was 97%. For Republican Assembly Members it was 29%. In the Senate the Democrats overall score was 91% while the Republican Senators got an overall score of 23%.

The difference in scores between the two houses also fits the pattern of past years. Typically Senators have a slightly more conservative voting record than Assembly Members.

We also looked at the average scores of Senators and Assembly Members by subject area. Legislators had the best voting records on Person of Color issues in both houses. That is understandable given the large number of minority legislators. In the Assembly, legislators had the second best voting record on AIDS bills and the worst voting record on LGBTI bills. Senators had the worst voting record on AIDS bills. They had the third best voting record on LGBTI bills. On the other hand, voting records on Women's issues came in 4th in the Assembly and 2nd in the Senate.

A Few weeks ago columnist Dan Walters of the Sacramento Bee wrote an article pointing out that our state legislature is getting less and less productive each year. They are passing fewer and fewer bills each year. That fact is illustrated by the outcome of the AIDS bills that Lambda Letters has been tracking and supporting. Lambda Letters tracked 10 HIV related bills this year. Of that number, only four made it out of the legislature. And one of those four was vetoed by the Governor. There is much work to be done in this issue area and in all the subject areas addressed by the Lambda Letters Project.

To see the scores given to each legislator by Lambda Letters please go to Lambda Letters' web page at: lambdaletters.org. Then click on "Senate Scorecard" or "Assembly Scorecard."

If you want to see how your legislators were rated this year, and do not know who they are, go to Lambda Letters' web page and click on "Who represents you?" Then click on "California State Legislature" and then on "Search by address." Then key in your address to find out who your State Senator and Assembly Member

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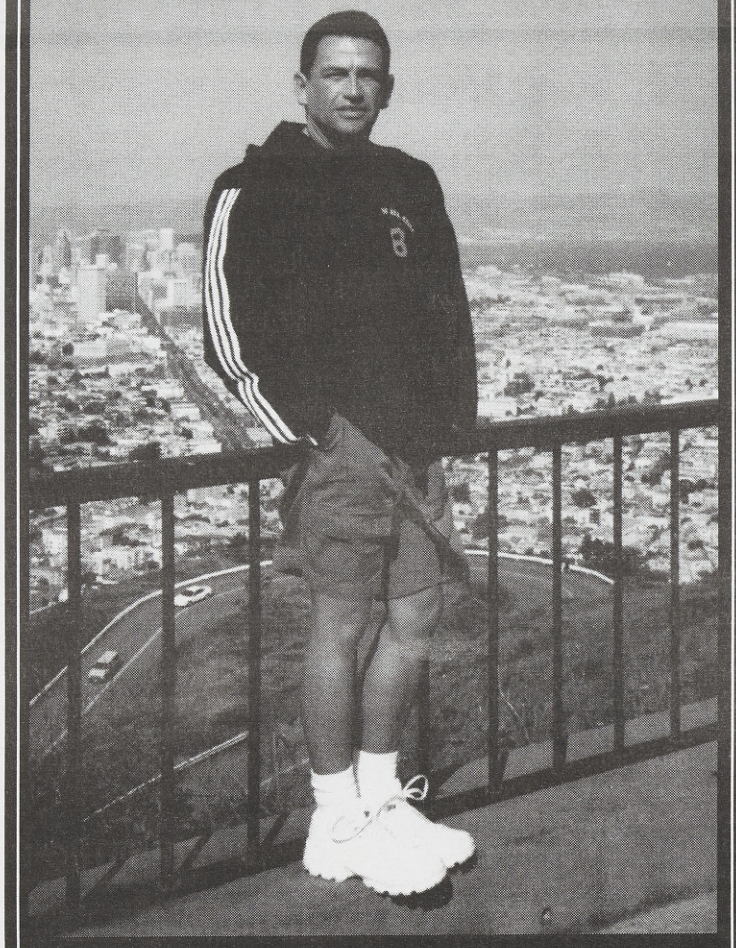

Carlos Ramirez

A long-time resident of Sacramento, CA passed away Tuesday, October 30, 2007 at Travis Air Force Base. Carlos grew up in Lompoc, CA near Santa Barbara. He joined the Air Force and was stationed at Beale Air Force base in 1987, bringing him to the Sacramento area. Upon retirement from the Air Force, Carlos went on to work for Greyhound as an Area Sales Manager. In addition to living in Sacramento, CA. He also lived in Dallas Texas for a few years. Surviving this creative, loving, friendly and very fashionable man are close friends, family and a community that will miss him greatly. Carlos' great smile, fabulous outlook on life and "friendly to everyone attitude" will be deeply missed by those that knew him. We are all better people for knowing him!

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Charlie Brown for Congress Fundraising Party

Mark your calendar for Sat., Dec 1. It's the Charlie Brown for Congress Holiday/Birthday/ Fundraising Party. Starting at 7pm, the requested donation is $50 but more will always be accepted.

This special event will feature Sam Catalano's world famous chili and your chance to see his also truly world famous spectacularly decorated outdoor giant Holiday tree: it must be seen to be believed. Attendees will also get to help Brown win his run against Doolittle.

For more details vist the Sacramento Stonewall Democratic Club website at: Sacstonewall.org

Transgender Law Center Responds to Passage of ENDA

The U.S. House of Representatives passed the Employment Non-Discrimination Act (ENDA) that would extend employment protection based on sexual orientation.

This version of the bill is not the original version introduced earlier this year that would outlaw employment discrimination motivated by sexual orientation and gender identity discrimination.

"Despite tireless efforts to craft and pass a bill to protect all LGBT Americans from discrimination, the final bill was stripped of gender identity provisions and contained broad religious exemptions," said Masen Davis, TLC Executive Director. "This was not the bill any of us had hoped for."

"The weakened version of ENDA leaves those most vulnerable to discrimination completely unprotected," said Susan Christian, a lesbian activist and board member of TLC. "Because of this, an historic occasion in the civil rights movement was much less than it could have been."

This bittersweet victory in Congress marks the first time in the history of United States that the House of Representatives passed a bill to protect workers from discrimination based on sexual orientation. Its passage is a testament to the efforts of thousands of LGBT advocates.

TLC expresses gratitude for one such advocate, Congresswoman Tammy Baldwin (D-WI), who attempted to reinstate protections based upon gender identity in the bill. In a passionate speech from the House Floor, Rep. Baldwin educated Congress that being transgender is not a new phenomenon, a fad nor a reason to lose one's job. She reminded her colleagues that transgender Americans share with lesbian, gay and bisexual people the same history of discrimination and violence. She concluded by pledging that transgender people will not be left behind.

"Although we are disappointed, we are not dispirited", said TLC Deputy Director Cecilia Chung. Over the last two months, an unprecedented solidarity emerged among LGBT organizations behind the principle that the lesbian, gay, bisexual and transgender community is one community that must move forward together. Under the banner of "United ENDA," over 350 organizations came together in unwavering support for the civil rights for all members of our LGBT community. These organizations—the majority of whom have primarily non-transgender gay, lesbian, and bisexual constituencies—aligned themselves with inclusion over division, with community interest over self interest.

"TLC is proud to be a part of United ENDA. We thank the other coalition organizations, and their membership, for the moral courage they have displayed and the leadership and vision they have provided," said Davis. "We are deeply grateful for those Representatives who, during yesterday's debate on the floor of the House, openly and passionately committed themselves to enacting a fully-inclusive ENDA. We look forward to helping them make the goal of an inclusive ENDA a reality."

For more information on the Transgender Law Center log on to transgenderlawcenter.org.

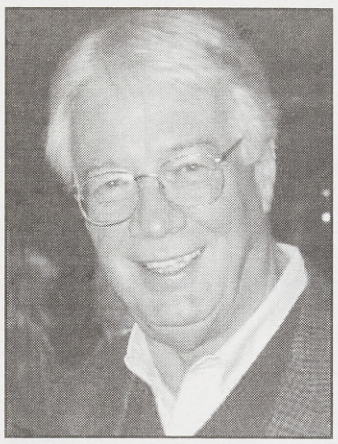
Old Sacramento To kick off Annual Heritage Holidays

A signature celebration that provides a hub of holiday activity and live entertainment in the historic district—with the lighting of a 50' Christmas tree on Wednesday, November 21.

The holiday program, which runs November 21 –December 31 will feature the 20th Annual Gingerbread Holiday Contest, a Lighted Boat Parade, Living History Days, appearances by Father Christmas, and brand new to the district; Architectural Holiday Tours. In addition, this year's festivities include the first West Coast appearance of THE POLAR EXPRESS™ Train Ride.

Family fun and old-fashioned holiday cheer come to life throughout this National Historic Landmark and State Historic Park. Attached is a news release detailing each event beginning with the Wednesday, November 21 tree lighting ceremony and ending with the New Year's Eve Sky Spectacular on Monday, December 31.

Libertarian Perspective: The Myth of a Risk-Free Life



By Tibor R. Machan

Skiers sometimes die, as do mountain climbers and motorcyclists and bicyclists, because what they do routinely is dangerous and risky. Indeed, there is little in human life that does not entail some measure of risk, even fatal risk.

When I moved into Silverado Canyon in Orange Country, Calif., I did so with full knowledge that the place is exposed to certain serious hazards – earthquakes would hit harder because the houses are on steep slopes, fires would spread faster because vegetation is abundant, even mudslides are likely because after a fire the ground is ready to move around quite freely.

But let's face it, I liked the area a lot. The Sierra Madre atmosphere, the funkiness of the neighborhood, the rustic abode in which I would be living meant enough to me to take on the risk of living there. The region also was near enough to more populated and developed areas so that I wouldn't be out in the boonies like a hermit.

So, I decided that the risk of my home burning down wasn't great enough to override the benefits I would gain from living there. And to this day, even after the fires that may still consume my home, I would insist on this.

But California Senator Diane Feinstein and her cohorts disagree with me; they think the risks of living in places such as Silverado Canyon are too great and that no one ought to be permitted to assume them.

You might ask, "The risks to whom?" Well, the Blue Ribbon Fire Commission, created by former Gov. Gray Davis (which also included Senator Feinstein) following the 2003 California wildfires. The commission held that "habitat preservation and environmental protection have often conflicted with sound fire safe planning" and that "[b]rush management is not allowed in coastal sage scrub during the California gnatcatcher nesting season, from March 1st through August 15th. This small bird only lives in coastal sage scrub and is listed as a threatened species by the federal government. Any harm to this bird could result in fines and penalties."

So the risks are not only those faced by people but those that some bird or other must endure. And these risks cannot be allowed. Others in government insist that they are trying to shield mostly people from the risk of fires. All in all, what all these people appear to prefer for everyone – although only their own behavior would show whether this preference includes them as well – is a risk-free life.

Does that mean that Senator Feinstein & Co. would rather not have us drive to work and home? Does this mean that visiting our parents or grandparents should be prohibited if it involves driving or riding in a car? Do they also wish to ban hang gliding, skiing, mountain climbing, and all those jobs, sports, and games that teem with risks?

I doubt it. What I seriously suspect is that all this supposed worry about risks to everyone, including birds, is nothing more than posturing and catering to the fears many people have at certain times in their lives, vis-à-vis life's hazards. By pretending that the risks of ordinary life in their jurisdictions can be erased with the stroke of a pen – provided enough politicians want that – these people are engaging in gross deception.

Of course, they couldn't do it without the cooperation of their constituents who, sadly, have come to expect the impossible dream that's being promised to them. Indeed, a great many citizens appear to believe they are entitled to such a life at the expense of other citizens. This political round robin of economic cannibalism is now routine, so it is no great surprise that millions have bought into it even when the prospects of satisfaction are completely mythical.

In life there are risks. Sometimes the better you want to live, the more interesting you want life to be, the greater the risks. The task of the law of a free society should only be to make sure that those taking the risks bear the cost of any loss they encounter in the process. Let no one be able to dump the loss he or she incurs on others who decide to live less risky lives. But trying to ban risk taking is futile.

Machan is the RC Hoiles Professor of business ethics & free enterprise at the Argyros School of Business & Economics, Chapman University, and a research fellow at the Hoover Institution, Stanford University. He also advises Freedom Communications, Inc., on public policy issues.

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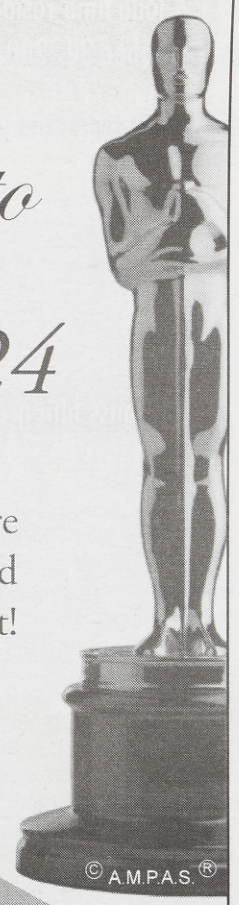

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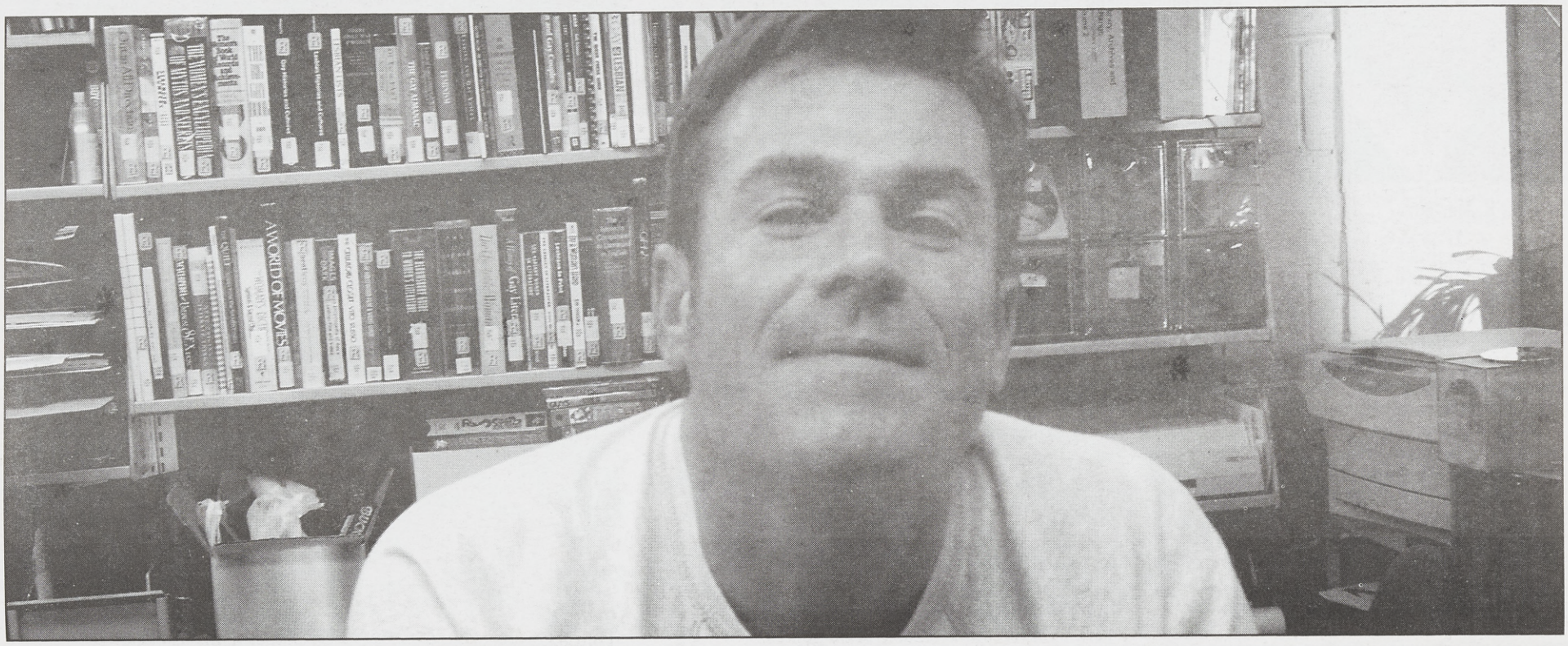
Fitness Happens' Michael Cook

Interview By Matthew Burlingame, Photos By Kimber Johnson



Name

Michael Alan Cook

How many years have you lived in Sacramento?

Just over 15 years.

Business Name

Fitness Happens! Personal Training and Nutritional Guidance.

How many years have you been doing this?

I started my business, Fitness Happens!, over 13 years ago. Compared to now, only a handful of independent trainers were in the business back then. Looking back, not only was I one of the first but I also brought in a lot of innovations to the Personal Training business. The big health club scene isn't for everyone. I created a safe, personal environment for people who don't feel comfortable in large clubs.

Why did you choose this business?

It was a combination of many things and experiences that pushed me in this direction. I've worked in many different fields of employment. Looking back, I was sick and tired of working for other people. I wanted to build a career and have the satisfaction of helping people. And so I thought, Personal Training is the way to accomplish both of those goals. So I hit the ground running and I haven't stopped since. Did I know I would be doing this 13 years later? No.

What's the best thing about your job?

I love my job and I love coaching my clients. Personal Training is a continuous learning situation for me as more information is available about fitness, nutrition and wellness as it applies to the individual. I enjoy working with people who are challenging themselves, overcoming obstacles, setting goals. I feel honored to be chosen to help others working in this area of there life. I enjoy the challenge and the rewards of my business and the success of my clients. My private workout facility is unique for Sacramento and I take great pride in it. I'm a very independent person and through my business I have achieved independence and more confidence in myself in all areas of my life.

Education & Training Profession, Occupation & Employment:

I own and operate Fitness Happens! Personal Training and Nutritional Guidance, a private studio in East Sacramento. I'm certified as a Personal Fitness Trainer with AFAA Aerobics and Fitness Association of America since 1994.

Who would be your dream client?

OK, my dream client is motivated by change. I think Oprah Winfrey or Bill Gates of Microsoft would be great clients.

I saw your web site that you emphasize fun in the workout experience.

One of the challenges of Personal Training is figuring out how to get your clients to have a good experience. My feeling is that there are subtle ways to encourage and motivate people. If workouts are seen as drudgery, that's a deterrent to success. I want my clients to look forward to our sessions.

Online, you have a web site that's full of detailed information on stuff like "Why A Personal Trainer?" How did that come about?

People are all the same and yet we're all different. Good health comes from a combination of things—physical strength and flexibility, good nutrition and a good self-image. As a Personal Trainer I look at all the aspects of each individual client and create a program just for their needs. There's an atmosphere of teamwork and privacy as we work together.

What non-profits do you support?

I've been a supporter of libraries since my childhood when my mother recruited me into library work. She is a founding member of a Friends of the Library group. I volunteer for the Lavender Library. Supporting the Lavender Library and connecting GLBT's with organizations, resources etc, is something I'm interested in. I'm also a Lambda Letters Project supporter. This is my 7th year signing the letters of the Lambda Letters Project. I've been known to volunteer for other GLBT groups when asked too. I believe volunteering and giving back to our community is extremely important.

What do you want to see happen for our community?

Our community needs new people with fresh ideas. I believe the renamed Gay & Lesbian Center has an opportunity to present a brand new vision along with its brand new name. I'd like to see more places for culture and groups within the GLBT community and leaders who visibly service the interests of those organizations.

Will we ever have equal rights?

Oh, yes! Some things can't be rushed. Depending where you live, it's all a mater of perspective. You've got to create it for yourself. Remember, Rome wasn't built in a day.

Advice for the gay youth of today?

People say you make your luck, and that's true to some degree, but there is a component of luck to it when you end up in the right place at the right time. When you do get lucky the question is, what do you do with

it? And I think that's where it's not luck anymore—figuring out what the important things are and what to do. My advice: surround yourself with quality friends, think before you act, respect the limits of others, do what you love, trust your gut, and use a condom. Be comfortable with who you are — there's nothing wrong with being whomever you are, so be yourself.

What defines you?

I was a Military Brat so Cub Scouts, Weebelows, and Boy Scouts were naturally a big part of my growing up for my friends and me. As a teen, our house was the hang out for two practicing local rock bands. I played keyboards and bass. At age 17 I started my first business, Promotional Packaging, which marketed fan club and tour merchandise on 12" vinyl LP sleeves. In my 20s I worked in television production and as an on-air-switcher. I also worked as a French and English gourmet waiter. Later I became a Top Producer Realtor. I've been living in Sacramento for 15 years and happy to say I'm living out my version of the Gay American Dream. When I'm not with my clients or working on my house, I love being outside, hanging out with friends, going to concerts, movies, plays, dancing, local events or day trips. I love camping and hiking, power walking, and I'm always bicycling. My new workout facility is only minutes away from my home. So, instead of driving to work, I ride my bicycle. Everything is so close that I almost exclusively ride my bike in the Downtown/ East Sac area. Biking is great exercise, and no gas pumps are required. I've enjoyed seeing my community from a different perspective. I am an optimist by nature and believe everything happens for a reason. Not to say I like everything that happens. I need down time, time to recharge.

Where did you grow up?

I was born in Florida but while I was still a baby we moved to Tucson where my sister was born. Later we lived at Spangdahlem AFB and in the small town of Sohren, both in Germany. By age seven, we moved back to the United States and settled in Las Vegas. For 16 years Las Vegas was a good place for me to grow up.

What was family life like?

Well, I come from a family of four, mom, dad and younger sister. My dad passed away when I was 19. My mom and sister are alive and well. Most of my close relatives live in Central and Northern California. Yes, I'm single, no current significant other, and for the record, I'm gay and available. Now for pets, I'm a dog person, I've raised 5 dogs, rabbits, doves, and koi fish, and lately I've been visiting the animal shelters. I'd like to adopt but I haven't found my dog yet. In the meantime, I've been adopted by this lovable neighborhood cat, who seems to have put me on the cat network as a good guy to know and my popularity has increased to two cats now. Maybe I'm a cat person, too.

Who are your heroes?

There are many types of heroes—war heroes, athletic heroes, political, epic, and ordinary heroes. My father is my hero. A Vietnam vet, Air Force fighter pilot, English teacher, he died slowly from cancer when I was 19. He was a good man who taught me many things in a short time and his lessons continue to shape my life. But perhaps the most heroic thing I saw was the way he courageously handled his final battle with cancer. That was heroic to me. I have a couple of heroes in our community who don't know they are my heroes. In my opinion, if you realize your own special gift and have the courage to use it to benefit an individual or the community, then by example you are a hero. My heroes are not perfect but they do promote peace and tolerance and they have inspired me.

What's your claim to fame?

Depends on who you ask? Does Farrah Fawcett being a third cousin of mine count? I met Hillary Clinton when she was first lady. I did some modeling in my 20s. But, I'm exercising my Fifth Amendment rights now!

What makes you angry?

Hurtful acts, being inconsiderate, making judgments without knowing the facts, cruelty, cutting down friends for laughs, tail-gating commuters, and rudeness.

What's In A Word...

Romance...

I guess I'm old-fashioned when it comes to dating. It's not easy for gay men to date, court or get married. I like holding hands, moonlight walks. I confess I wear my heart on my sleeve. I'm looking for someone to be with. I'm dating. I don't want to take away too much of the mystery. There are some amazing people out there.

Sexy...

Self-confidence, a guy's eyes, a good kiss, big hands, a real hug, great smile, five-o-clock shadow, white briefs, I won't go any lower.

Home...

I bought a 1920s Craftsman bungalow several years ago so now I've become a weekend warrior who enjoys home improvements, remodels, gardening, you name it and I have been working on it ever since. Doing a lot of the work myself gives me a great sense of pride and satisfaction. I also like taking cooking classes, and collecting and discovering new music of all genres.

Future...

Travel Europe again. I would like to do some more traveling and see more of the world. I want to continue to develop new skills in Personal Training. One of the aspects of personal training that I like best is teaching, and I've had several teachers as clients over the years. I admire what they do and want to emulate them in my work. I hope to continue growing up and becoming a better person. I sometimes think we can never fully grow up and if that's true that's OK because I'm enjoying my journey. And I'd like to find a partner who gets me.

Spirituality...

I'm still exploring this area of my spiritual life and, I will say, I'm careful to clearly distinguishing between organized religious teachings and my personal faith and belief in God. Take the good and leave the rest.

Strengths...

My upbringing, I had two great parents who loved me. My soul, my spirit, growing up with certain points of view. Taking responsibility for my actions. Allowing others to save face. Listening. Caring. I can be quite charming. Taking chances and believing in myself.

Phrase...

At age 10 this quote stuck with me. "Luck is what happens, when preparation meets opportunity". The phrase I like saying a lot is "You never know!"

Special moment...

I have many moments that are special. Traveling to London and Amsterdam and having the time of my life. My grandfather teaching me about the stars. As we lay back on the grass and looked up he told me to "always seek out somebody who knows more than you do, and don't fool around with these guys who don't know anything". And taking care of my father in his last year.

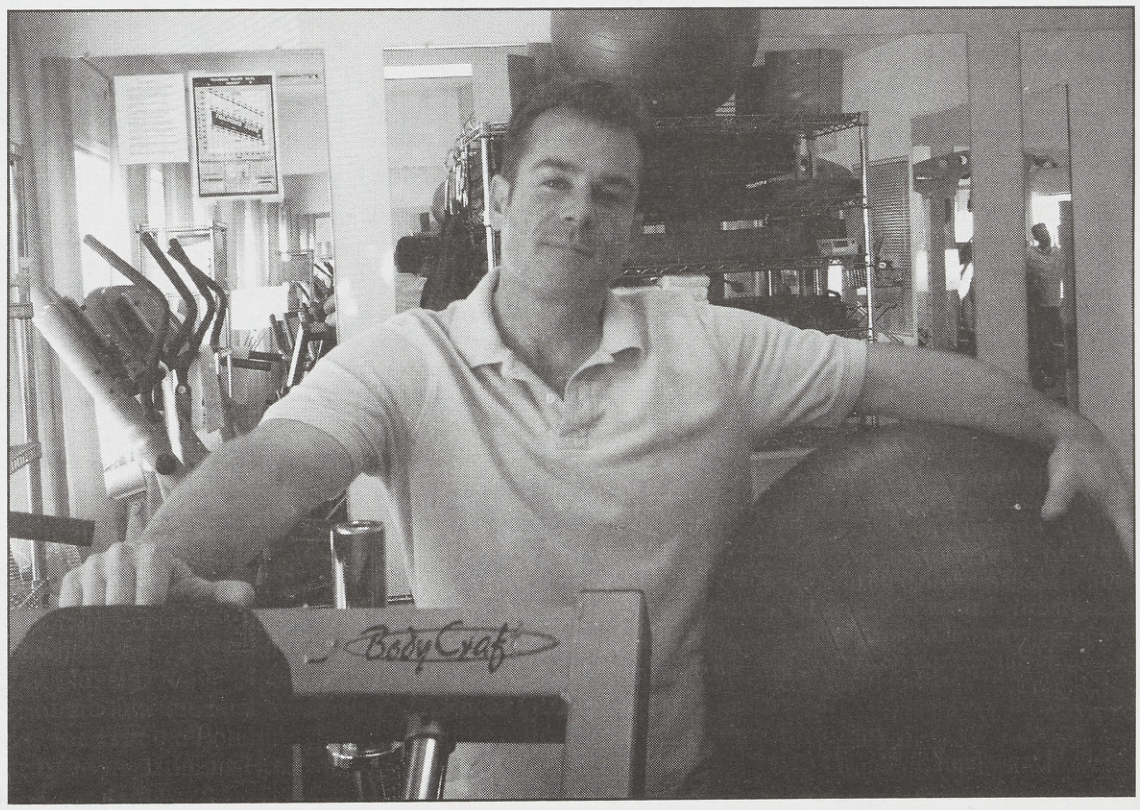
I also remember a lot of people encouraging me along the way and telling me that they thought that I was good at what I was doing and that I could accomplish my goals — something I wouldn't necessarily have realized myself. If you think someone's doing a good job or is smart, it's important to tell them that and encourage them in an overt way.

Not so special moment...

Having to say good-bye to a good friend who would not stop using drugs. Watching 9/11 on live TV, as people were jumping off the twin towers and the collapse. Taking sole care of my father in his last year.

Weakness...

That would be gourmet chocolates from Europe.



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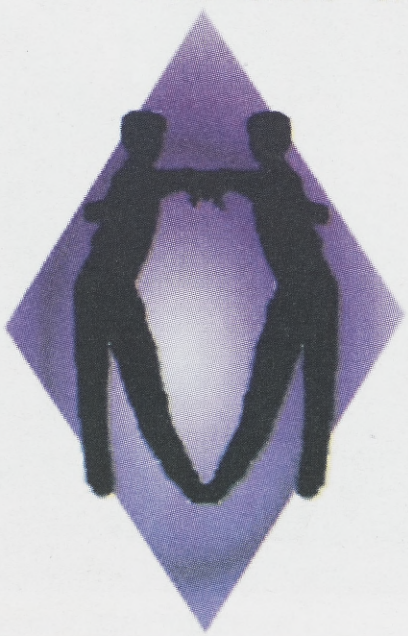

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MGW Magazine

On Stands Now!

Azar Nafisi, Author of Reading Lolita in Tehran, To Speak at Mondavi Center

Dr. Azar Nafisi, author of the best-selling Reading Lolita in Tehran, will speak at the Robert and Margrit Mondavi Center for the Performing Arts on December 4. The book, an electrifying account of the Islamic revolution in Iran and how the cultural upheaval of that period affected one university professor and her seven female students as they studied classic works of Western literature, will form the basis of a lecture presentation entitled The Republic of the Imagination.

The event will begin at 8pm on Dec. 4 in the Mondavi Center's Jackson Hall on the UC Davis campus. Tickets are available from the Mondavi Center Ticket Office at 530.754.ARTS (2787) or online at MondaviArts.org. The event is presented as part of the Mondavi Center's Distinguished Speakers Series.

A publishing sensation, Azar Nafisi's national bestseller Reading Lolita in Tehran: A Memoir in Books spent more than more than two years on the New York Times bestseller list. The book has been translated into 32 languages, and has won numerous awards, including the 2004 Non-Fiction Book of the Year Award from Booksense, the Frederic W. Ness Book Award, the 2004 Latifeh Yarsheter Book Award, and an achievement award from the American Immigration Law Foundation.

Beyond its impressive acclaim, Reading Lolita in Tehran has been a work that resonates strongly with readers, many of whom undoubtedly saw parts of themselves in Nafisi's book-loving characters. The story finds a university professor and her students reading and discussing works such as F. Scott Fitzgerald's The Great Gatsby and, of course, Vladimir Nabokov's Lolita, and finding metaphors for their own lives under the increasingly repressive regime in post-revolutionary Iran. In the process, the characters discover important truths about themselves and their own identities within their changing society.

"I was enthralled and moved by Azar Nafisi's account of how she defied, and helped others to defy, radical Islam's war against women," wrote author and activist Susan Sontag. "Her memoir contains important and properly complex reflections about the ravages of theocracy, about thoughtfulness, and about the ordeals of freedom—as well as a stirring account of the pleasures and deepening of consciousness that result from an encounter with great literature and with an inspired teacher."

Born in Iran in 1955, Nafisi was sent to England at the age of 13 to finish her education and ultimately earned a Ph.D in English and American Literature from the University of Oklahoma. She returned to Iran in 1979 to find her homeland profoundly changed by the Iranian Revolution, which transformed the country from the monarchy of Shah Mohammed Reza Pahlavi to an Islamic republic under the control of the Ayatollah Ruhollah Khomeini.

She took a job teaching English literature at the University of Tehran, but was expelled in 1981 for refusing to wear a veil as required of women under Islamic law, and did not resume teaching until 1987. She then worked at various universities—and served as an advocate on behalf of Iranian women and intellectuals—until 1995, when increasing political pressures convinced her that the only way to continue would be to offer informal classes in her own home with a small group of students. It was this experience that formed the basis for the largely autobiographical Reading Lolita in Tehran, which Nafisi wrote in the United States after leaving Iran in 1997.

"After teaching literature at three universities in Tehran (and being expelled or resigning in despair from each), Azar Nafisi picked seven of her best students and invited them to come to her home every week to discuss books," wrote The Guardian. "She and her students, all women, began to think of these classes as an escape from the reality of Iran's totalitarian theocracy; but the picture her book paints is of an escape to a true republic where they are all able to discover another reality—themselves…The charismatic passion in the book is not simply for literature itself but for the kind of inspirational teaching of it which helps students to teach themselves by applying their own intelligence and emotions to what they are reading."

Today, Nafisi is the director of the Dialogue Project at the Foreign Policy Institute of Johns Hopkins University's School of Advanced International Studies in Washington, D.C., where she is a professor of aesthetics, culture, and literature, and teaches courses on the relation between culture and politics. She has held a fellowship at Oxford University, teaching and conducting a series of lectures on role of Western literature and culture in post-revolutionary Iran.

Nafisi has written for The New York Times, Washington Post, and The Wall Street Journal. She is the author of Anti-Terra: A Critical Study of Vladimir Nabokov's Novels. She also has written a new introduction to the Modern Library Classics edition of Tolstoy's Hadji Murad, as well as the introduction to Iraj Pezeshkzad's My Uncle Napoleon, published by Modern Library (2006). She has published a children's book, BiBi and the Green Voice, and is currently working on two books, The Republic of the Imagination, which is about the power of literature to liberate minds and peoples, and Memory Thief, a memoir about her mother. Nafisi lives in Washington, D.C.

"Dr. Azar Nafisi's Reading Lolita in Tehran is a testament to the power the arts have to reflect our world and transform our lives," said Don Roth, the Mondavi Center's executive director. "We look forward to Dr. Nafisi's discussion of her book and her career."

Dr. Azar Nafisi
The Republic of the Imagination, Tuesday, December 4 • 8pm, Jackson Hall, Robert and Margrit Mondavi Center for the Performing Arts
University of California, Davis, $40/$34/$29 Adults • $20/$17/$14.50 Students & Children, Tickets/Info: 530.754.ARTS (2787) 866.754.ARTS (toll-free), MondaviArts.org, 530.754.5402 [TDD]

Sacramento Master Singers Present: "Behold the Star"

The Sacramento Master Singers, under the direction of Dr. Ralph Hughes, will present four performances of their annual holiday concert in December. This year's concert, entitled Behold the Star, occurs at St Francis of Assisi Catholic Church (26th & K Streets) in Sacramento on December 9 at 3:00 PM; December 15 at 8:00 PM; and December 16 and 20 at 7:00 PM. Dr. Hughes is excited about presenting several antiphonal works including Gabrieli's In Dio Sol, which divides the Master Singers into three choirs, surrounding the audience with a mesmerizing antiphonal effect.

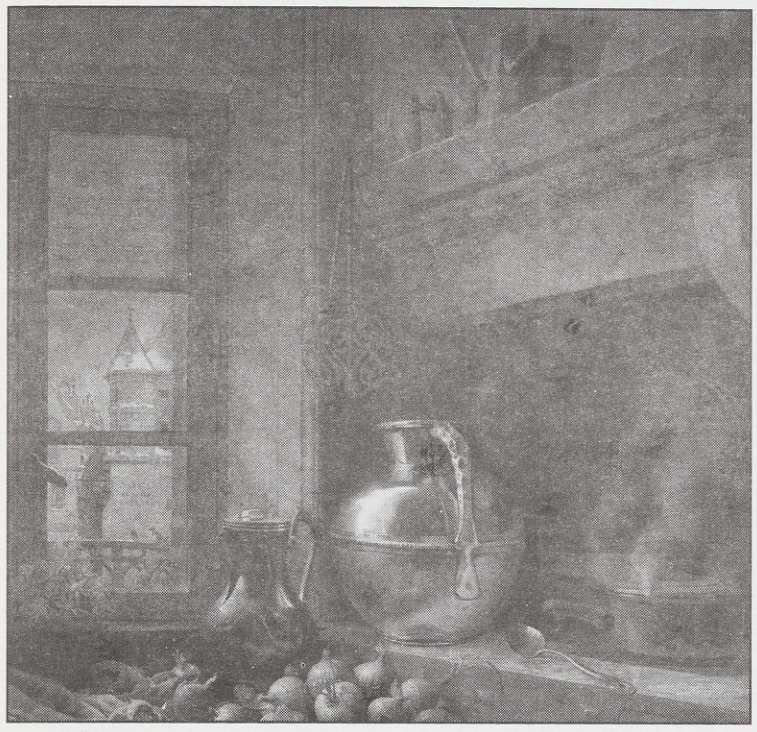
Audiences will be able to enjoy the dramatic combination of voices, brass, percussion, and organ on John Rutter's beloved Gloria. The program also includes new arrangements of holiday favorites, such as Eric Lichte's complex setting of Deck the Halls, and Mark Hayes' It's the Most Wonderful Time of the Year.

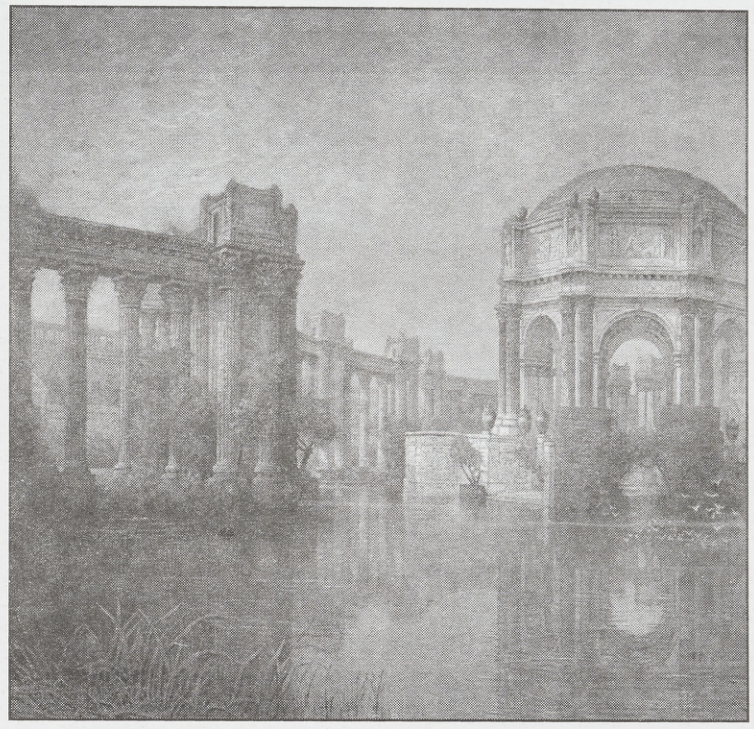
Tickets for Behold the Star are $18 and can be purchased online at www.mastersingers.org, or by phone by calling (916) 788-7464, or at-the-door 30 minutes before each concert.

The Sacramento Master Singers will also present Jingle All The Way!, their annual children's holiday concert on December 16 at 4:00 PM at St. Francis of Assisi Catholic Church (26th and K Streets). Tickets for this shorter, family-oriented program are $5 for adults, $3 for children.

All concerts will be held at St. Francis of Assisi Catholic Church, 26th and K Streets, in Sacramento.

Artist's Work Featured After 120 Years





Left: Le coin de cuisine by Edwin Deakin, Le coin de cuisine (Kitchen Corner), 1883. Oil on canvas, 48 5/16 x 40 7/16 in. Crocker Art Museum, long-term loan from the California Department of Finance, conserved with funds provided by Gerald D. Gordon.

Right: Palace of Fine Arts By Edwin Deakin, Palace of Fine Arts and the Lagoon, ca. 1915. Oil on canvas, 32 3/8 x 48 3/8 in. Crocker Art Museum, long-term loan from the California Department of Finance, conserved with funds provided by Gerald D. Gordon.

Exhibit and catalogue include recognizable scenes of Lake Tahoe, Yosemite and California Missions

Edwin Deakin: California Painter of the Picturesque on view January 26 – April 20, 2008

One-hundred and twenty years have passed since Edwin Deakin was accorded a major show in Sacramento. Beginning January 26, works by the celebrated California painter will return in a long-overdue, career-spanning exhibition at the Crocker Art Museum. Nearly 50 of his paintings and eight drawings will go on display through April 20, 2008, in Edwin Deakin: California Painter of the Picturesque.

This exhibition presents the works for which Deakin is best known, including landscapes, still lifes and architectural scenes of the American West and Europe. Contrary to the grandiose scenes that were then the norm, Deakin's quiet landscapes and studies of age-worn buildings embraced the trend toward the picturesque. His depictions of California's 21 missions epitomize Deakin's romantic style and are considered his crowning achievement.

"The Crocker Art Museum is one of the primary resources for the study and appreciation of the art of California," said Scott A. Shields, exhibition curator and author of the accompanying Deakin catalogue. "It is thus exceptionally appropriate that the Museum should exhibit the work of a premier, yet under-recognized California artist, Edwin Deakin." After showing at the Crocker, much of the exhibition will travel to the Nevada Museum of Art, Reno.

Deakin himself knew the Crocker Art Gallery well and thought highly of it. He visited in 1888, three years after Margaret Crocker donated the gallery building and its collections to the citizens of Sacramento. Impressed, Deakin was warm in his commendation, thinking "the city possessed … a great treasure in such a property." Nineteen paintings included in the show were recently entrusted to the Crocker by the State of California.

A bequest from the Deakin estate, the artist considered these paintings to be among his most significant works and never sold them.

Born in Sheffield, England, Deakin moved to San Francisco in 1870 and spent the majority of his life painting and drawing in the Bay Area. In his own time, as today, his paintings were popular for their beauty and romantic depiction of California's fleeting wilderness.

Exhibition-related Programs

Saturday, January 26, 11 a.m.-4 p.m. Hands-on Art Making Discovery Museum, Old Sacramento Create a building inspired by the art and architecture of early California as depicted in the Crocker's current exhibition, Edwin Deakin: California Painter of the Picturesque. Crocker members receive free admission to the Discovery Museum in Old Sacramento with their membership card (valid January 26 only)

Thursday, February 28, 6 p.m. Curator's Eye: Scott Shields & Edwin Deakin Gain new perspectives on the picturesque still lifes and landscapes of Edwin Deakin as Scott Shields, exhibition curator and author of the accompanying catalogue, gives a tour of the exhibition. Reservations required. To register, contact Stacy Beckley at (916) 808-1182 or sbeckley@cityofsacramento.org by February 26. Free with admission.

Thursday, March 20, 6 p.m. Lecture: From the Sublime to the Picturesque Dr. Diana Strazdes, Professor of American Art History at the University of California, Davis, reflects on the transition from "sublime" to "picturesque" landscapes in Edwin Deakin's work and what it meant not only for California art but American art as a whole. Reservations required. To register, contact Caren Gutierrez at (916) 808-1987 or cgutierrez@cityofsacramento.org by March 18. Free to members, $5 nonmembers.

Sunday, April 13, 1 p.m. The Legacy of Wine in California Celebrate the importance of the grape to Californians as Dr. James Lapsley, Professor of Viticulture at the University of California, Davis, presents a history of grapes and winemaking in the state along with a discussion of Deakin's grape still lifes. A special wine tasting session will follow. Reservations required. To register, contact Caren Gutierrez at (916) 808-1987 or cgutierrez@cityofsacramento.org by April 11. $25 members, $35 nonmembers.

The Crocker Art Museum was founded in 1885 and continues as the leading art institution for the California Capital Region and Central Valley. The Museum offers a diverse spectrum of special exhibitions, events and programs to augment its collections of California, European and Asian artworks. The Crocker is located at 216 O Street in downtown Sacramento. Museum hours are 10 a.m.–5 p.m., Tuesday–Sunday; Thursday until 9 p.m. Admission is free on Sundays from 10 a.m.-1 p.m. For more information on exhibits and events call (916) 264-5423 or visit crockerartmuseum.org.

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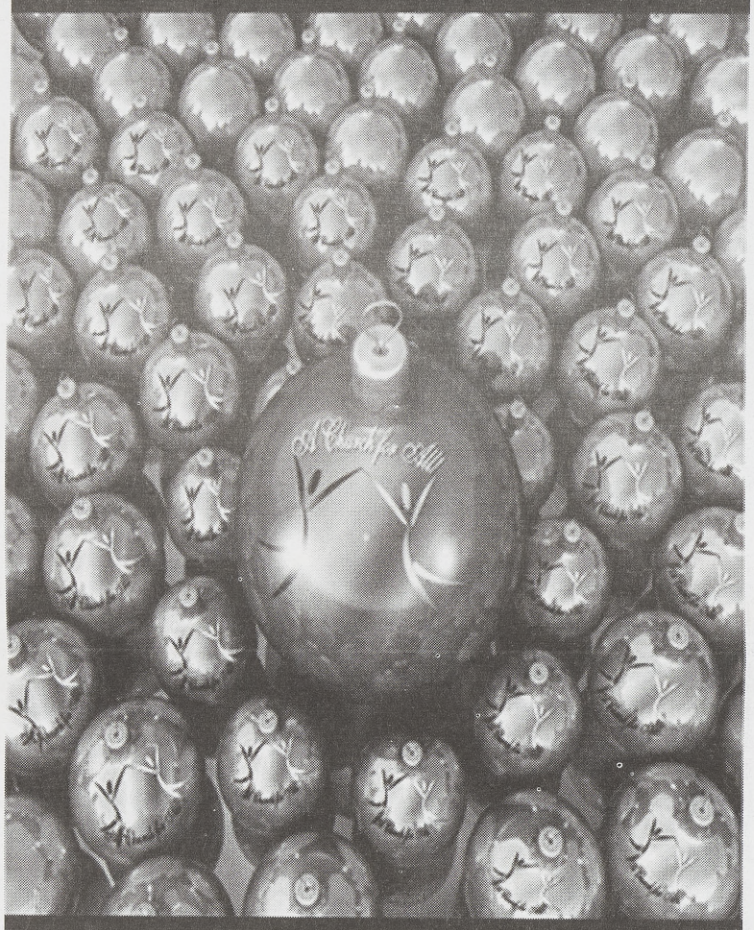

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Blessed Are The Pure In Heart

By Pamela Peters

Blessed are the Pure in heart; for they shall see God", Matthew 5:8

This is the most familiar of the beatitudes and to many, it is the best loved. It speaks of the promise and possibility of our seeing God. This privilege reaffirms our special status in the sight of God.

This beatitude not only speaks directly to our deepest longings, but also to our supreme need. Of course we all come to God with many different burdens and many special needs. This means only that the way which we need to see God may be different, but all of us need to be able to see God. Some have come from sickness so hard to take, from graves so recently filled, from personal separations so impossible to explain.

Jesus' word to us for this day and hour, for this critical time in our personal history and in the history of the world, is this. "Blessed are the pure in heart, for they shall see God." (Yes, things too painful to remember, we simply choose to forget.) So I come in the name of God, to jog your memory, to remind you that, on that distant tomorrow beyond this veil of tears, and even on the immediate tomorrow which will come when the sun rises in the morning. "They shall see God".

I. The Condition - Heart Purity.

1. What is it to see God? Of course to see God is not to look upon Him with our natural eye. The truth is that the one who sees only what meets the eye sees very little. There were many who saw Jesus in person, but who were not impressed with him. To them he was a root out of dry ground, utterly without form or comeliness. They called him ugly.

But there where others who saw him with different eyes. As they looked into his face they became conscious of God.

Remember, the heart is the seat of affections and of the ability to understand. It is the central spring of all human words and actions. Heart in the bible means the whole personality. It involves mind and will, not only the emotions. The word pure occurs twenty-eight times in the New Testament and most of the time it means clean.

No wonder the Psalmist shouts, in Psalm 24, "Who shall ascend into the hill of the Lord? He that hath clean hands, and a pure heart;" and remember, you are not the judge of whose heart is pure.

2. Let me make it clear that to see God is a possibility for every person. It is not simply for ministers and deacons and missionaries. The vision of God is the ability to see God; it not just for a choice soul here and there, or the privileged few. Oh no. Here is a prize of supreme value which is within the reach of every heart that is willing to reach out and grab it. You ought to grip that truth by saying to your own needy heart, "This blessing is for me". It is for me to see God, to be one of the blessed.

Once you decide that the blessing is for you, the next step is to receive it. If someone gives you a gift and you take it home and set it on the shelf have you received it? No. A gift has been received only when it has been used for its intended purpose.

What is it to be pure in heart? At first glance, it seems impossible. But, you know that Jesus never expects us to do that which we cannot possibly do. You knew that; but, things too painful to remember, we often simply choose to forget. To be pure in heart does not mean to be without faults. Jesus is not saying, "Blessed are the perfect; for they shall see God." To be pure in heart is to be simple, sincere and honest. To say what you mean and mean what you say.

3. It is the blessed vision, the vision of God which keeps the heart pure. For this purity is a grace, it comes from the abiding presence of God's spirit which purifies the heart in which it will dwell. The presence of the Holy Spirit cleanses, refines, illuminates; it shines through the dark places of the heart, and through confession, and contrition, it cleanses the heart. So, blessed are the simple, sincere and honest. Those who were once guilt laden; but who have found the truth of God and understand that.... "He is faithful and just to forgive us, and to cleanse us." And the cleansing does not stop once we receive it. We can be cleansed hourly, daily, and weekly as we are living in the light of God.

Does your current environment support your spiritual growth?

Does your life at home and with friends support your intention to be simple, sincere and honest?

The Reward - To See God

To see God, then is to know that you know that God loves you and cares about every detail of you life right now.

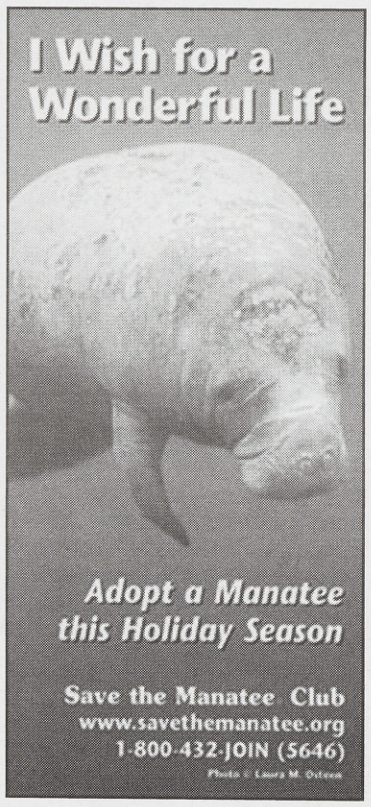
To see God is to be transformed.

To see God is to come into possession of a new and steadfast courage.

Blessed are the children that are able to see in the beautiful lives of their parents something that can only be accounted for in terms of God. Blessed are those who live in a home where it can be said, "Surely God is in this place". Blessed are people who can, by their living, give substance to the picture of a loving God.

Blessed are the pure in heart for they shall see God.

Pamela Peters is a certified Life Coach and Motivational Speaker with a passion for teaching and coaching. To learn more about Pamela Peters visit her on the web at www.followthesecret.com.



Why Do So Many Have A Big But?

By Sharon Fredrickson

I had a seminar on Nov. 10 out in Folsom and it was AWESOME. I am so grateful to stand in front of people who are there with open hearts and minds and really ready to change their lives.

The energy in the room during the seminar is always *so* pumped up that it's contagious. I absolutely love what I do. Every night before I go to bed and every morning before I rise, I give gratitude for being able to be living my dream.

Ever since I can remember I have wanted to stand in front of people and teach them information that when applied will do nothing less than change their lives. It's an amazing feeling you get when someone comes up to you and hugs your soul while thanking you for teaching them the lessons they needed to make the change.

We call the people who have attended our seminars or others and that are on this same path of greatness, Livin' Free Warriors™. We call them this because while the information we teach may sound easy to apply—it is not.

In order to live a life of constant growth, abundance and prosperity it takes work and strength. Some people put all of their strength, their heart, and their soul into this journey, while others take it a little slower. It doesn't matter to us and in fact we get satisfaction out of simply seeing people on that path regardless of whether or not they are walking up it or sprinting up it.

What pains us and what I don't think I will ever understand are those people that won't even get on the path. Those people that talk about change or say "I wish" things were different and then when an opportunity presents itself, they have a lot of reasons why they can't—or rather why they won't.

I've heard so many reasons why people can't change. "I would love to come to your seminar, 'BUT' I have another commitment that day." "I wish I had a better relationship, 'BUT' my partner does this or doesn't do that." "I want to lose weight so bad, 'BUT' I can't work out because I have a bad knee."

Living a life of abundance financially, relationally, and physically is an amazing life. Why in God's name would anyone allow something so minor as a BUT stand in their way of it?

Every day (or almost every day) we get into our cars to drive home from some place or another. On our way home we may hit traffic, we may hit red lights, we may run into detours, our car may break down, God forbid we may even get into a traffic accident. Regardless of what happens on the way home, we ALWAYS get home, it may take us a lot longer than we anticipated, but we always get there. Let's have that exact same drive and determination with every goal we set.

You may say, "Well, Sharon, I know how to drive I don't know how to obtain every goal I set." You know how to drive because you took the time and did the practice needed to learn how to drive. Take the time to learn how to do this.

Everything a person needs to be successful is right there within them, but many just don't know how to utilize it. How do you learn? You have someone who knows teach you. There are a lot of fantastic teachers out there that can lead you to this path, so please don't think I'm pretending that I'm the only one. (I do think I'm the more entertaining and funny one.)

Go to the library and read. Look up information on the internet and use it. Heck email us and we'll give you links to not just our stuff but other teachers that we have learned under.

I heard a quote from one of my teachers that I will never forget. I heard it at a time when I was going through some struggles in my life. He said, "Make decisions based on where you are going, not where you are."

Knowing that you can create exactly what it is that you want in this life what are you going to create? What are you willing to sacrifice?

You were born to be great and you were conditioned into mediocrity, now is the time to pull out of that. Now is the time to get rid of that big ole but!

Sharon Fredrickson is the cofounders of Livin' Free which is a company that is dedicated to leading people towards success in all aspects of their lives. For more information on Sharon and Livin' Free visit them at www.livinfree.biz.

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EARTH TALK

FROM THE EDITORS OF E/THE ENVIRONMENTAL MAGAZINE

In lieu of federal action in the U.S. to combat global warming, have any states taken local measures to reduce greenhouse gas emissions?

Though the Bush administration has been slow to even admit that global warming is a serious issue, and has rejected the terms of the Kyoto Protocol (an international agreement calling on developed nations to curb greenhouse gas emissions), more than 30 U.S. states have passed legislation and/or formed regional coalitions on their own to promote energy efficiency and reduce the emissions that cause global warming.

The leading state in the battle against climate change is California, which as early as 2002 began calling on carmakers to reduce the greenhouse gases generated by new vehicles sold there. In 2003, California joined neighbors Oregon and Washington in laying out a set of recommendations for how states could combat global warming by setting emissions reduction targets for state vehicle fleets and enacting energy efficiency standards for a wide range of other products.

By the end of 2004, the west coast triumvirate had jointly adopted the goal of reducing greenhouse gas emissions upwards of 15 percent by 2015.

Always pushing the envelope, California then adopted a controversial measure requiring automakers to reduce their vehicles' greenhouse gas emissions 30 percent by 2016. Since then, 14 other states—Arizona, Connecticut, Florida, Maine, Maryland, Massachusetts, New Jersey, New Mexico, New York, Oregon, Pennsylvania, Rhode Island, Vermont and Washington—have adopted California's tough standards. With Canada's government following suit in 2004, some 40 percent of North America's new car fleet could be much cleaner within a decade—although carmakers are fighting the proposal tooth and nail.

Beyond automotive emissions, California is leading the charge against global warming in other ways. Governor Arnold Schwarzenegger issued an executive order in 2004 calling for reducing overall greenhouse gas emissions statewide by 80 percent over five decades.

And in 2006 the state assembly passed its landmark Global Warming Solutions Act limiting the output of greenhouse gases there to 1990 levels by 2020. California is the world's sixth largest economy and 12th largest producer of greenhouse gases, so its proactive stance should have a large impact on overall efforts to mitigate climate change.

Other efforts are underway as well. In 2006, seven northeastern states formed the Regional Greenhouse Gas Initiative to create a system of economic incentives for reducing greenhouse gas emissions. Each participating state—Connecticut, Delaware, Maine, New Hampshire, New Jersey, New York and Vermont—has agreed to stabilize current emissions through 2015 followed by a 10 percent reduction over the following five years.

Meanwhile 18 states, led by New York, Hawaii, Maine and California, have legislated that some of the electricity they consume must come from non-polluting renewable sources.

Given the groundswell of action to mitigate global warming at the state level—more than half of the U.S. population lives in states where reductions in greenhouse gas emissions are or will become mandatory—America may be able to meet the requirements laid out by the Kyoto Protocol, even without federal participation.

HIV NEWSWIRE BY SONYA COX

Upcoming CARES events...

**Mon, Dec 17, 6-7 pm – Holiday dinner AND learn how to make chocolate! Hosted by CARES dietitian and HIV Health Services Planning Council. RSVP as soon as possible (leave message at 914-6285) as this event will fill up quickly and there is a 65-guest maximum. CARES second-floor conference room (1500 - 21st St, Sacramento).

**Wed, Dec 19, 11 am – Learn how to cook a healthy pasta sauce (with taste testing). CARES first-floor board room.

Avoiding MRSA staph infection...

Staph bacteria typically are found on the skin, and in or near the nose and other mucus membranes, and can usually live there harmlessly. But when the skin is broken or punctured, they can enter the wound and cause infection. Staph infections have long been treated with antibiotics such as penicillin.

The species called Staphylococcus Aureus can cause a range of problems, from food poisoning to destruction of tissue cells. It is a notorious cause of skin infections that generally occur when there is a cut, contusion, burn, or abrasion—causing rashes, boils, hair follicle inflammation, often from shaving—or even leading to serious infections in the lungs or other organs if the bacteria move into the bloodstream. It has been an on-going problem in hospitals for more than 40 years, first described in the1960s as a consequence of extreme antibiotic use. But in one recent year, it accounted for 64 percent of infections of those in intensive-care.

Excessive use of antibiotics gives rise to resistant bacteria. When the stronger meds are used to treat non-critical infections, or used often throughout life to treat other infections, resistance may occur when they're needed again later. Some experts have also theorized that, over time, people have been exposed to antibiotics through drinking water and foods by way of treated animal-feeds given to pigs, chickens and cows—which means the public is being dosed unwittingly. If a major infection occurs and a higher level of antibiotic is needed, a person may be resistant to a variety of treatments, and in some cases death could result.

The term MRSA (Methicillin-Resistant Staphylococcus Aureus) is a bit of a mis-nomer, since some of these Staph infections are resistant not only to methicillin, but also to many other well-known antibiotics in the penicillin family such as amoxicillin and other broad-spectrum antibiotics. Nearly all cases can be cured, even without the use of antibiotics, but quick identification of Staph infection is helpful.

Staph aureus infections generally look like a boil or spider bite, and tend to be marked by reddening. They can turn minor abscesses or skin infections into serious health problems that need to be treated by lancing and possibly by quick medication or intravenous (IV) treatment with antibiotics. Once treated, people are monitored to make sure the microbe has not spread to the lungs or bloodstream or other organs.

Most cases continue to be found in hospitals or health care facilities (mostly carried in, they say, by the person at time of admission), but more are now appearing in the general community setting—in prisons or schools, where bacteria are thought to spread in locker rooms through shared towels or gear. The bacteria can be spread by close skin-to-skin contact, bed linens, or even by touching contaminated surfaces.

The best weapon is an increased level of hygiene. Keep hands clean—wash thoroughly using soap or hand sanitizer (rub a lot – approximate time-frame is two choruses of Happy Birthday to You). Keep cuts and scrapes clean and covered until healed. Avoid contact with the wounds or bandages of others. Don't share towels or razors. If a wound appears to be infected, contact your physician for an assessment. Symptoms of infection include pain, heat, swelling, and redness – and watch for any red streaks that could indicate blood poisoning.

Second Norvir lawsuit against Abbott...

Five pharmacy-related firms recently filed another lawsuit against Abbott Labs for allegedly "unlawfully extending its monopoly position as the sole provider of Norvir" when it raised the protease inhibitor's price by 400 percent. Those filing suit are Safeway, Walgreens, Kroger, Supervalu, and the wholesaler American Sales Co.

This is the second suit against Abbott for Norvir's five-fold price increase. The first is a federal class-action suit scheduled to go to trial in June 2008. Approved in 1996, Norvir is not a stand-alone drug, but is used in small doses to boost the effectiveness of other protease inhibitors. In December 2003, Abbott raised the U.S. wholesale cost of the drug from $51 for 30 capsules to $257.

Haiti angry over AIDS study...

There is anger in Haiti, and in Miami's "Little Haiti," following the recent publication of a study that concludes HIV first arrived in the United States as early as 1969 by way of infected Haitian immigrants. The study says HIV was brought to Haiti by Haitians who had worked in the Democratic Republic of Congo after the African country won independence from Belgium in 1960 (known before that time as the Belgian Congo). Previous research has concluded that HIV made the leap from chimpanzee to human in central Africa around 1930.

The study authors, from Miami and Arizona, said that "Haiti was the stepping stone the virus took when it left central Africa and started its sweep around the world. Once the virus got to the U.S., then it just moved explosively around the world."

The National Academy of Sciences study relied on a genetic analysis of HIV in frozen blood samples dated from about 1979 from people who had developed AIDS, including about 20 Haitians at Miami's Jackson Memorial Hospital.

"This does a disservice to the Haitian community," said Harvard University's professor of medical anthropology. "This is very slender evidence on which to base such a grand claim." "People are going crazy," said the executive director of the Center for Haitian Studies in Miami's Little Haiti.

Condoms for inmates...

Though the Governor recently vetoed (for the second time) legislation to allow condoms to be distributed in California prisons, he has instructed prison officials "to determine the risk and viability of such a program by identifying one state prison facility for the purpose of allowing nonprofit and health agencies to distribute sexual barrier devices."

Two state statutes declare sexual relations between prisoners illegal, even if the act is consensual. "However," said the Governor, "condom distribution in prisons is not an unreasonable public policy, and it is consistent with the need to improve our prison health care system and overall public health."

Condoms are already given out in county jails in San Francisco and Los Angeles, he noted. Assembly member Sandre Swanson, author of the legislation, said a pilot project is an extremely positive move forward to help reduce the spread of STDs in our prisons.

Correctional officers are concerned that inmates could use condoms to hide drugs or conceal weapons. "Anything that circumvents security, we have a problem with that," said a spokesperson. But, they said, they could support a pilot project at a minimum-security facility.

Gay Men's health summit...

The San Fernando Valley was the scene of that area's first gay men's health summit. Condom use, the risks of crystal meth, and dating someone who is HIV-positive were among topics discussed during the "Power and Pride" weekend. Also high on the agenda were discussions concerning rising HIV rates, particularly among Latinos, and STD infections among young gay men.

"The main issue is the lack of condom use," said one event coordinator. "Guys are afraid of using condoms because they are afraid of being accused of having a disease. They tell me, 'I don't want a partner to get the wrong impression.' " "The numbers point out that HIV/AIDS is on the rise continually," said an official from the L.A. Gay & Lesbian Center, the summit's other coordinator, adding that feelings about being gay could also be behind some men's risky behavior.

"This summit is important because the Valley has a large Latino community, and we Latinos are afraid to talk about our sexuality," said one organizer. Latinos represent 48 percent of Los Angeles County's 2004 AIDS diagnoses and, since 2001, syphilis cases have increased 365 percent among gay and bisexual men in the county, according to public health data.

In Loving Memory of friends lost in Nov.

November 1986:
Richard Madrid Clayberg

November 1987:
Robert Leroy Smith
Linda Evans

November 1988:
Bobby Fox
Adrian Reyes

November 1989:
Chris Armitage

November 1990:
Bill Elston
Geoffery Scott Palmer
Richard Tomasetti
Monica Hermans
Daryl Goldstucker
Jack Getchell
Denis Rondeau
David Reeder

November 1991:
Roy Manglona
Pat Haro

November 1992:
Aaron Gallup

November 1993:
Chris Chilton
Michael Sawyer
James A. Cody
Randy Lyons
James Royer
John Reeves III
Kris Gubranson

November 1994:
Loren Hugli
Michael Devito
Dyle Perkes
Pete Orchard
Michael Francis Murphy

November 1995:
Greg Gorges
Kevin Chorn
Zach Reit
William Angus Sherman
John Rico
William T.
Steve H.
Bill Gooch
Janet Carncross Chandler
Timothey Michael Lenzi

November 1996:
John Charles Jochem
Robert "Bobbette" Hoyos
James Alten Cook, Jr.
Raymond T.
Roger W.
Paul Arthur Young
Dr. Don Sanchez

November 1997:
John Miner
Robert W.

November 1998:
Willa M.

November 1999:
Elijah R.
Juan F.
John H.
Rick D.

November 2003:
Gail Lang

November 2004:
Jim Vinson
Beverly Campouris

November 2005:
Tor Johnson
L Brooks Wann

November 2006:
Ivan Briscoe
Jason Rawlinson
Ernest Orozco
"Adrian Kline" (Empress 29)

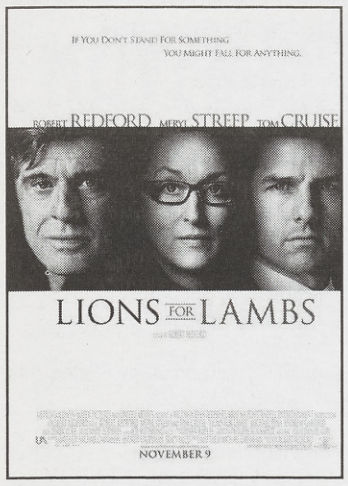
Year Unknown:
John Slemmer
Brian Toole
Will Tucker
Jim Wages

In Loving Memory of friends lost last month:

October 2007:
Robert Marshall

Every now and then, take a second, breathe deeply, and think of me. To add the names of loved ones to MGW's remembrance column, or clarify Year Unknown, call 737-0309.

FILM: SWANNER & JUDD


IF YOU DON'T STAND FOR SOMETHING
YOU MIGHT FALL FOR ANYTHING.
ROBERT REDFORD MERYL STREEP TOM CRUISE
LIONS FOR LAMBS
NOVEMBER 9

Judd **
Swanner **

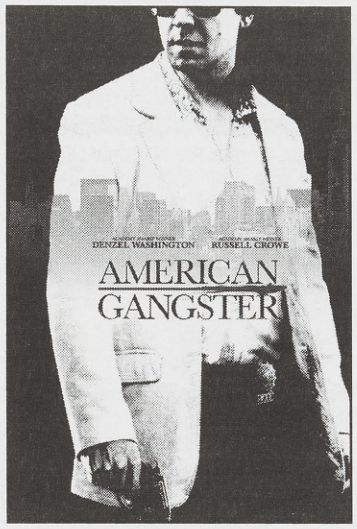
Swanner: Brian and I went to an early screening of the new Robert Redford film Lions for Lambs. The film stars Redford as well as Meryl Streep, Tom Cruise and three cute guys to fill out the cast. The storyline centers around three storylines. The first is Cruise and Streep playing a Senator with sites on the White House and a seasoned journalist struggling with her moral compass. Redford's character is questioning one of his student on the young mans lack of interest in his political science class. The final storyline deals with two soldiers hurt and stranded on an Afghanistan mountain ledge.

Judd: That's pretty much it, but you didn't mention Cruise is an ambitious, war-mongering, GOP senator. Streep is a seasoned journalist that first started reporting during Vietnam. Redford is a liberal college professor who's goal is to inspire his students to do more. And the college student is an apathetic youth more interested in pop culture than news. So basically every character was a one dimensional archetype.

Swanner: Like the films of David Mamet...these characters talk a lot. Even the two soldiers are about as immobile as me on a Saturday afternoon. The script is good as long as you're a liberal as it's little more than a rant. If your a fan of George Bush and the current administration...you won't like this plot much less the film.

Judd: Not only is it an 88 minute rant, it's a rant we've been hearing since we started the war in Iraq. The movie is preaching to the choir, using the same tired analogies. At least it's not boring.

Swanner: Not to mention, the people who are going to want to see this movie probably agree with what is being said. I did want to mention that Meryl Streep was fantastic as always.



Swanner: Denzel Washington and Russell Crowe star in Ridley Scott's new crime drama American Gangster that follows the life and crimes of Frank Lucas the notorious drug lord of the 70's and 80's.

Judd: I really liked American Gangster, though clocking in at 2 hours and 47 minutes, I thought it was a bit long. There were sequences in the film that could have been edited out and easily trimmed 30 minutes off.

Swanner: If you took out all of Russell Crowe's "character development scenes" the movie would have been around 2 hours and a lot more enjoyable. I'm sure they wanted to add to Crowe's character so they didn't glorify the Frank Lucas character but when you have Washington playing the role...good luck pulling attention away from him.

Judd: Russell Crowe's character was no saint himself. He cheated on his wife, (wasn't pertinent), flaked on his son (wasn't pertinent) and was a womanizer (again, not pertinent), he was morally no better than Frank Lucas, who provided for his family and his community. If Crowe's character had been cut way back and given to a Hollywood newcomer it would have been an Oscar worthy movie. Crowe ruined it for me.

Swanner: He only ruined it because of his star stature. You're right, if they had some newbie actor playing that role they could have trimmed it down to some really dynamic scenes and not the long who cares moments. I still like the film for the Denzel storyline. I thought it was fascinating how he turned from a gangster's driver to one of the biggest drug lords of his time and no one really noticed him.

Judd: Don't get me wrong I really liked the movie for everything else, but I think people need to be warned that Russell "Makes My Skin Crawl" Crowe really gums up a fantastic movie.

Swanner: So, you think it was Crowe himself? I think it's the role that's the real problem here not the actor.

Judd: I think it was both the overblown role and the actor.

Swanner ***1/2
Judd ***

Swanner: First of all, I have never seen such a media campaign like they have for The Bee Movie, now with that being said I think this is a terrific movie. This animated film follows a young bee who longs for more in like then just working the hive.

Judd: The Bee Movie lives up to the hype. It is a DreamWorks creation, the same studio that brought us the Shrek movies, and this is the kind of movie that Pixar used to make. It has an excellent script, wonderful humor for all ages, and a lighting face pace.

Swanner: With the exception of Shrek, DreamWorks has had a lot of little hits and big misses but this film really puts them back on track. One thing I really like about it was how the children in the audience actually stayed in their seats and not running up and down the aisles like they have all year long. So they were entertaining the kids and had me very entertained as well. The script was smart, hip and very funny.

Judd: The reason the kids were actually watching the movie is because they weren't bored out of their flipping minds like they were with Cars and Ratatouille. When The Bee Movie comes out on DVD, I'll buy it.

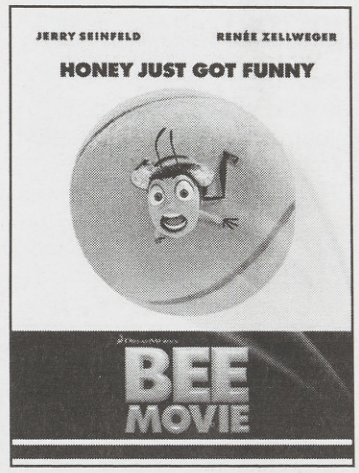
Swanner: I'm not sure the jokes will hold up because so many are based of today's pop culture but for now it's very hip.

Judd: I have to disagree with you, the jokes may not carry the same weight 30 years from now, but I don't think it will matter. I grew up watching Warner Brothers cartoons on Saturday mornings that were originally animated in the 40s and 50s, and they routinely lampooned Bing Crosby, Bette Davis and Clark Gable. I didn't get the jokes then, but I didn't think they were any less funny.

Swanner: You call that an argument? Whatever...if you say so.

Judd: Nice rebuttal! Kissinger help you come up with that one?

Swanner ***1/2
Judd * 1/2***



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transgender.org/sga

WOMEN'S ASSOCIATIONS

Sisters of Scota Women's Motorcycle Club,
916.725-9467
Women Connecting/Coming Out Group
916.628.0803
Women On Wednesdays Social Group
916.442.0815

YOUTH SERVICES

California Youth Crisis Line
800.843.5200
Queer Straight Alliance
916.278.7388, csus.edu/org/qsa
RESPECT Sacramento
916.733.2135
respectsacramento.org
Teen AIDS Hotline
800.234.TEEN

MGW NEWSPAPER
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916.441.6397

NOVEMBER

15 THURSDAY

Hate Crimes Information and Reporting
TOWNHALL MEETING for the LGBTQ Community, Curtis Hall at the Sierra 2 Center, 2791 24th St.,
6-8 PM Open to the public Members, family and friends of the LGBTQ community are invited to attend a presentation on Hate Crimes. Topics to be covered will be: What is a Hate Crime under California Law?; What are your rights?; How to report a Hate Crime or harassment; What to do to protect yourself and others; and related topics. We will also update the community on what is happening locally to create an awareness of the issues in Sacramento. info: tina@uptown-studios.net

SAC NOW
The Sacramento Chapter of the National Organization for Women (Sac NOW), meets every 3rd Thursday of the month to plan feminist actions at 7pm at the Hart Senior Center, 915 27th St, 27th & J. New members and interested community members are always welcome! NOW's goal is to take action to bring about equality for all women. Members of all genders, orientations, cultures, abilities and ages are welcome! Contact SacramentoNOW@gmail.com for more information or to join our listserve.

The All New Brief Encounters
Join the FACES team for a night of underwear, twister and hot, sexy fun! 2000 K St., faces.net

17 SATURDAY

Annual Transgender Day of Remembrance Candlelight Vigil
MCC Sacramento will host our annual candlelight vigil in observance of the 9th Annual Transgender Day of Remembrance. All are welcome. The Transgender Day of Remembrance memorializes those killed due to anti-transgender hatred or prejudice. Since November 1999 annual memorials on this day have been observed around the world. www.rememberingourdead.org/day, Metropolitan Community Church Sacramento, 10500 Chaplain Ave, Mather, CA, mccsacramento.org or 916.364.4352

18 SUNDAY

Same-Sex Ballroom
1st & 3rd Sundays, Dance Workshop & Guided Practice with Chad & Marie, Sunday, October 21st, 4 to 6 pm - Foxtrot (90 minute workshop; 30 minute guided practice), The Ballroom of Sacramento, 6009 Folsom Blvd. $15 per person No partner necessary, information: Marie at 916.320.4382

19 MONDAY

Mad Mondays at Sac Badlands, 2 for 1 cocktails All Day and All Night, 20th & K, sacbadlands.com

Lesbian Cancer Sipport Group,
6:30pm, Open discussions with everyone, Info: roxanne1040@aol.com

21 WEDNESDAY

Women On Wednesdays, Lambda Center, 1927 L St., 916.442.0185

The Trivia Show at The Depot
9pm-11pm with Christopher Scott Bizarre Questions, Fun, Win Prizes, 20th & K Sts. thedepot.net

22 THURSDAY

Thanksgiving Day.

26 MONDAY

Mad Mondays
at Sac Badlands, 2 for 1 cocktails All Day and All Night, 20th & K, sacbadlands.com

28 WEDNESDAY

Women On Wednesdays
Lambda Center, 1927 L St., 916.442.0185

The Trivia Show at The Depot, 9pm-11pm with Christopher Scott Bizarre Questions, Gay Subjects, television, Music, Interactive, Fun Win Prizes, 20th & K Sts. thedepot.net

29 THURSDAY

The All New Brief Encounters
Join the FACES team for a night of underwear, twister and hot, sexy fun! 2000 K St., faces.net

DECEMBER

1 SATURDAY

World AIDS Day

2 SUNDAY

SVL Pancake Breakfast
The Merc. 10am - 2pm, svlclub.org

Mary Had a Baby: African-American Spirituals Advent Study
Sundays from 9-10am before Worship, This Advent study looks at African-American spirituals, including the scriptural basis and historical context for each. The study provides the opportunity to learn more about the Spirituals and their connection to the Bible. We'll reflect on the culture, art, spirituality, history, and contemporary meaning of the Spirituals. Fair Oaks United Methodist Church located at 9849 Fair Oaks Blvd. (1 block west of Sunrise) in Fair Oaks and all are open to the public. fairoaksumc.org

3 MONDAY

Mad Mondays at Sac Badlands, 2 for 1 cocktails All Day and All Night, 20th & K, sacbadlands.com

5 WEDNESDAY

Women On Wednesdays
Lambda Center, 1927 L St., 916.442.0185

The Trivia Show at The Depot
9pm-11pm with Christopher Scott Bizarre Questions, Gay Subjects, television, Music, Interactive, Fun Win Prizes, 20th & K Sts. thedepot.net

6 THURSDAY

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9 SUNDAY

Mary Had a Baby: African-American Spirituals Advent Study, Sundays from 9-10am before we meet for Worship, This Advent study looks at African-American spirituals, including the scriptural basis and historical context for each. The study provides the opportunity to learn more about the Spirituals and their connection to the Bible. We'll reflect on the culture, art, spirituality, history, and contemporary meaning of the Spirituals. Fair Oaks United Methodist Church located at 9849 Fair Oaks Blvd. (1 block west of Sunrise) in Fair Oaks and all are open to the public. fairoaksumc.org

10 MONDAY

Mad Mondays
at Sac Badlands, 2 for 1 cocktails All Day and All Night, 20th & K, sacbadlands.com

12 WEDNESDAY

Women On Wednesdays
Lambda Center, 1927 L St., 916.442.0185

RESPECT Sacramento
6:30pm, Lavender Library, 1414 21st St, Advance the rights and safety of all persons in K-12 schools, regardless of real or perceived sexual orientation or gender identity or expression. All community members interested in working to achieve these goals are welcome to attend, Info: RespectSacramento.org or 916.733.2135.

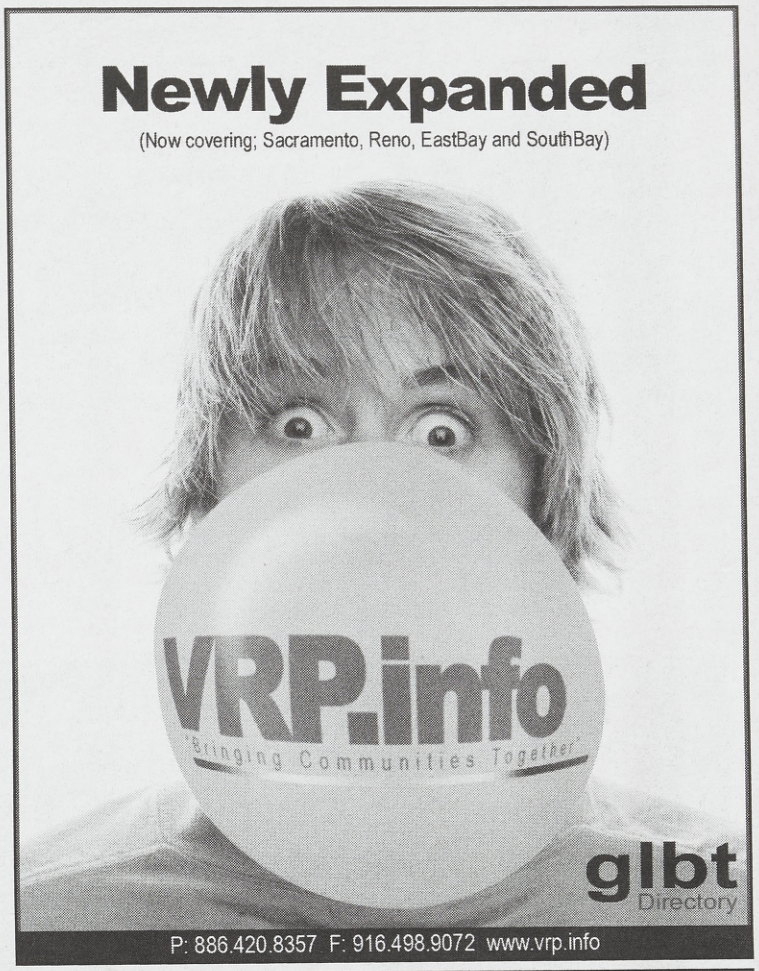
13 THURSDAY

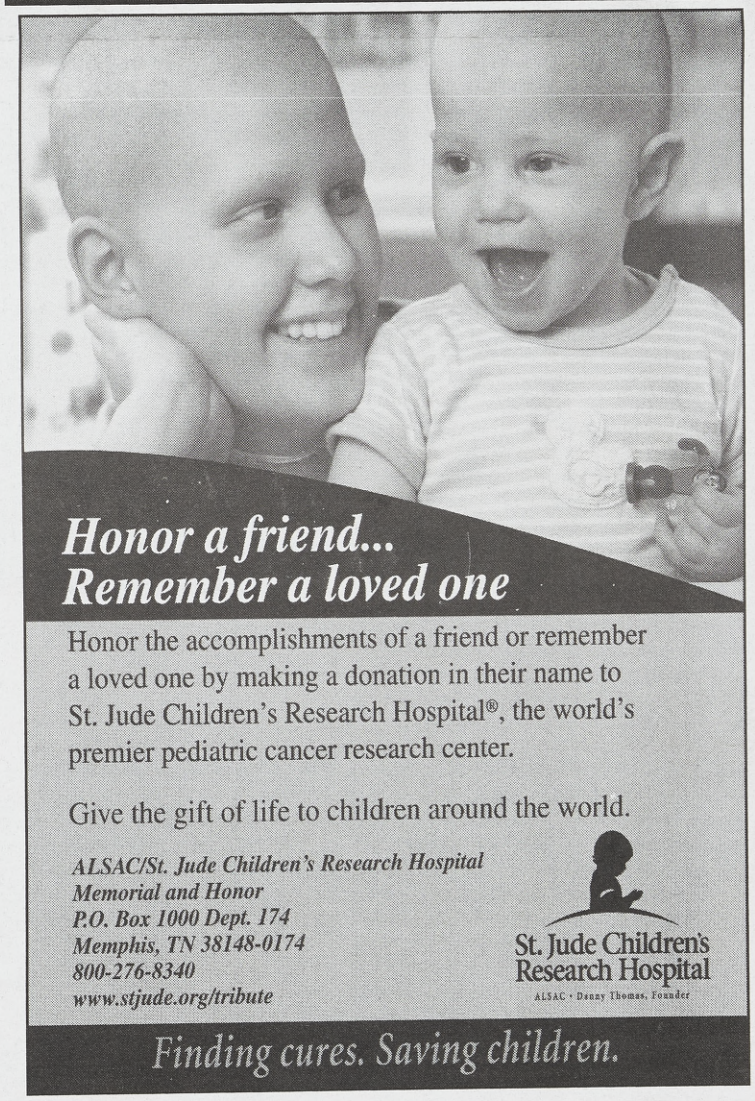
The All New Brief Encounters
Join the FACES team for a night of underwear, twister and hot, sexy fun! 2000 K St., faces.net

15 SATURDAY

CHOIR CONCERT and CHRISTMAS CAROL SING-ALONG, Join us at 5pm for an Advent Concert by our choir, followed by a chance to sing our hearts out on all those favorite Christmas carols we might not sing anywhere else! Fair Oaks United Methodist Church located at 9849 Fair Oaks Blvd. fairoaksumc.org

editor@mgwnews.com

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